

St. Francis health!

FROM ST. FRANCIS HOSPITAL AND THE OTHER SERVICES OF FRANCISCAN HEALTH SYSTEM

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RESIDENT
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VIRTUAL
URGENT CARE

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Franciscan health!

Franciscan is a family of more than 12,000 doctors, nurses and staff who provide exceptional medical care at: *Hospitals* St. Joseph Medical Center, Tacoma • St. Francis Hospital, Federal Way • St. Clare Hospital, Lakewood • St. Elizabeth Hospital, Enumclaw • St. Anthony Hospital, Gig Harbor • Highline Medical Center, Burien • Harrison Medical Center, Bremerton and Silverdale • *Medical Groups* Franciscan Medical Group, clinics throughout the Puget Sound • Harrison HealthPartners, serving the West Sound

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For questions or comments, or if you'd like to be removed from the health! mailing list, please contact us at 253-382-3850, www.FHShealth.org or write to: Editor, Franciscan Health!, Franciscan Health System, Marketing & Communications, PO Box 2197, Tacoma, WA 98401-2197.

Find **YOUR NEW** health care professional today!



Elizabeth
Fujii, PA-C

Bariatric Surgery
Franciscan Center for
Weight Management
(253) 944-2080
34509 Ninth Ave. S.
Suite 203B
Federal Way



Thanh Pham, MD

Internal Medicine
Franciscan Medical Clinic
- Federal Way
(253) 839-2030
30809 First Ave. S.
Federal Way



Nawang
Sherpa, MD

Family Medicine
Franciscan Medical Clinic
- Auburn
(253) 351-5300
205 10th St. N.E.
Auburn



Arun Vijay, MD

Arun Vijay, MD
Hospice and Palliative Care
Franciscan Hospice
Palliative Care
(253) 534-7000
2901 Bridgeport Way West
University Place

Check out *health!* online @
www.FHShealth.org

» Sign up for eNews!



Sign up for Franciscan Health eNews and receive a monthly newsletter tailored to

you and your family's health needs. Choose from over 20 topics including weight management, pregnancy, parenting, women's health, men's health, heart health and more. You'll also have access to our eReminder calendar to keep track of recommended preventive health screens and other periodic exams for you and your loved ones. Visit FHShealth.org/enews to sign up!

» Find us on Facebook, Twitter and YouTube!

Get news and information about health events and more at:



[www.facebook.com/
FranciscanHealth](http://www.facebook.com/FranciscanHealth)



[www.twitter.com/
FHShealth](http://www.twitter.com/FHShealth)



[www.youtube.com/
FranciscanHealth](http://www.youtube.com/FranciscanHealth)

Federal Way resident finds relief with Franciscan VIRTUAL URGENT CARE



HAVE YOU EVER FOUND YOURSELF SICK, between doctors and unsure where to turn? That's just what happened to Jeanne Gardner, a Federal Way resident who had a great experience with Franciscan Virtual Urgent Care — our new 24/7 service that lets you visit with a doctor by phone or secure video chat from the comfort of home.

Easy, convenient treatment

Gardner had been putting off making a doctor's appointment about a nagging bronchial issue for about three weeks.

"I was seeing a non-Franciscan internist, but wasn't happy with my ability to access care at the clinic," she said.

Then, Gardner saw an advertisement for Franciscan Virtual Urgent Care and decided to give it a try. She visited [FranciscanCareNow.org](https://www.franciscan.org/carenow) and a nurse practitioner called back within 30 minutes.

"It was the smoothest, easiest, most

convenient thing. I didn't even have to go to the doctor. It was also extremely reasonable," she said of the \$35 service fee.

Care for a range of conditions

Physicians who handle Virtual Urgent Care calls follow clinical guidelines to determine whether an issue can be handled by phone or secure video chat.

"About 50 percent of what we see patients for in person can be done over the phone or on the web," said Janis Fegley, DO, a family medicine practitioner at Franciscan Medical Clinic on Canyon Road and division chief of Franciscan Medical Group primary care. If the medical provider quickly determines that an in-person visit is needed for proper treatment, then the \$35 fee may be refunded at the provider's discretion.

The list of virtual medical capabilities includes assessing cuts, burns and strains/sprains; treating urinary tract, sinus or

yeast infections; and fevers, headaches, pink eye, rashes and sore throats.

"It's really great for patients who are busy, who feel like they can't leave the house or who don't live within easy reach of medical care," Dr. Fegley explained. "It's helping us meet the increasing need for skilled medical care in the region."

A recommended service

Virtual Urgent Care worked for Gardner. She said the provider she spoke with asked the right questions about her symptoms, and he was able to call in an antibiotic prescription to a local pharmacy that had her feeling better in just a couple of days.

"It's a great option. I've recommended it to friends — especially the ones who are self-employed and only have catastrophic health coverage," Gardner said. "I'd definitely use it again."

It really is that easy! When you need care in a pinch, visit [FranciscanCareNow.org](https://www.franciscan.org/carenow) or call (855) 356-8053.

LEADING-EDGE BREAST CANCER RECONSTRUCTION NOW AVAILABLE IN THE SOUTH SOUND

Franciscan Plastic Surgery Associates now provides leading-edge expertise to South Sound breast cancer patients considering breast reconstruction after a mastectomy. Michael Cohen, MD, specializes in microsurgical breast reconstruction using free flap and perforator flap techniques. (These flaps include the DIEP, or deep inferior epigastric perforator flap, as well as SGAP, ALT, TUG and free TRAM flaps.) This state-of-the-art method of reconstructive surgery is a preferred option for women who have had radiation therapy to the chest wall to treat their breast cancer, as well as for women who prefer to have their breast reconstruction done using their own tissues rather than implants.

For leading-edge treatment options and compassionate care, contact Franciscan Plastic Surgery Associates in Tacoma at (253) 759-4522.



RANDOMIZED TRIAL OFFERS HOPE FOR EMPHYSEMA PATIENTS



People living with severe emphysema, also called chronic obstructive pulmonary disease (COPD), may experience potentially better lung function through a new therapy designed to improve the lung's ability to expand more fully. This advanced procedure, called lung volume reduction, is available to qualified adults ages 35 and older by participating in a randomized clinical trial called the RENEW trial. Franciscan Health System is the only clinical trial site in the Northwest.

This procedure is performed in the Center for Advanced Endoscopy at the St. Joseph Outpatient Center in Tacoma. During the procedure, Interventional Pulmonologist Navdeep Rai, MD, from Pulmonary Consultants, uses a fiber-optic bronchoscope to precisely deliver sterile "nitinol coils" (flexible medical wires) in order to enable

the best quality lung tissue to expand more fully, while reducing the enlarged lung toward its normal size. About 10 coils are placed in each lung and patients generally go home the same day.

"A significant cause of shortness of breath in COPD results from over-expanded diseased lung," Dr. Rai said. "This procedure is designed to return the lungs toward their normal size, allowing a person to exhale more fully, thus improving lung function, the ability to exercise and quality of life — without major surgery." There is a potential for adverse effects, which would be explained to trial participants.

Talk with your doctor about the RENEW study. To find out if you are a candidate, take a brief screening survey at emphysema.com.

ST. FRANCIS HOSPITAL HOME TO UNIQUE, SPECIALIZED ENDOWRIST™ TECHNOLOGY

St. Francis Hospital has introduced the EndoWrist™ Stapler as the newest device available on the robotic-assisted da Vinci® surgical system. James Yamashita, MD, FACS, is one of only two surgeons in the Northwest to introduce this device in colorectal surgery. Dr. Yamashita was chosen as an early EndoWrist™ user because of his excellence in da Vinci® colorectal procedures and Franciscan was chosen for their premier robotics program.

The EndoWrist™ Stapler is a robotic surgical tool, modeled after the human hand. The EndoWrist tool's internal cables provide maximum responsiveness, allowing precise suturing, dissection and tissue manipulation. The EndoWrist™ Stapler employs Smart Clamp technology which provides less risk to the patient because it seals the tissue correctly.

There are nine da Vinci® surgical robots in the Franciscan Health System with the ultimate goal of including the EndoWrist™ Stapler device on all systems.

For more information, please visit us online at FHShealth.org/newrobot.



FRANCISCAN MEDICAL PAVILION IN AUBURN NOW OPEN!

Franciscan Medical Pavilion in Auburn, located at 205 10th Street NW, is now open to provide expert care for the whole family. Services available include primary care, cardiology, vascular and general surgery. You can even request same-day appointments with our family medicine physician. Onsite laboratory, pharmacy and X-ray add to the convenience of your care all under one roof.

Call (253) 351-5300 to make an appointment or visit FHShealth.org/patientsfirst.



Buckley resident Toby Clark is back to an active lifestyle, which includes wakeboarding with his kids, thanks to the care he received at Franciscan Orthopedic Associates at St. Francis.

TAKING CARE OF OUR WEEKEND WARRIORS

Living in pain? Franciscan Orthopedic and Sports Medicine can help.

FROM THE PEOPLE TO THE FOOD TO THE LANDSCAPES, living in the Pacific Northwest is truly unique. And having the chance to enjoy the great outdoors 365 days a year is one of the biggest advantages to calling this place home. Whether you're a runner, biker, skier, sailor or hiker, there are countless opportunities to maintain a healthy, active lifestyle.

But what happens when aches, pains and injuries keep you from doing the activities you love? That's when it's time to seek out expert orthopedic advice from your local Franciscan Orthopedic and Sports Medicine team.

Buckley resident, Toby Clark, 43, did just that. In July 2013, he was doing flips off a dock into a lake. The dock was wet and as he jumped up, his foot got stuck underneath a buoy at the dock's edge. As soon as he got out of the water, he iced his ankle. "When I felt the back of my foot, I didn't feel anything there," Clark said. "I knew something wasn't quite right."

The next day, a Sunday, he visited the Franciscan Medical Pavilion in Bonney Lake. There, a physician referred him to Craig Clifford, DPM, a podiatrist at Franciscan Orthopedic Associates at St. Francis.

Offering patients orthopedic options

"As a podiatrist, I specialize in foot and ankle issues," said Dr. Clifford. "Living in an area with so many active people, I see a lot of sports-related injuries, especially Achilles tendon rupture, ankle sprains and metatarsal fractures." Dr. Clifford offers a wide range of treatment options for patients depending on their condition. These include less invasive options, such as physical therapy, as well as casts, braces, injections and surgery when needed.

When possible, Dr. Clifford uses an arthroscopic surgical technique for certain ankle procedures. "With arthroscopic surgery, we make small incisions and use specialized equipment, rather than making larger open incisions," he said. The result is often decreased pain, shorter healing time and quicker return to activity.

Getting back to what matters most

Dr. Clifford evaluated Clark and explained that his Achilles tendon was completely ruptured. Five days later, Dr. Clifford surgically repaired the injury at St. Francis Hospital. Clark was able to go home the same day. "I couldn't have asked for a better experience," said Clark. "Everything

went so smoothly, and I feel so fortunate." Clark continued to follow up with Dr. Clifford after his surgery to ensure he was healing properly.

As soon as Dr. Clifford gave Clark the green light, he was back out there doing the activities he loves. "I spend my summers wakeboarding with my kids, and I spend my winters snowmobiling," he said. "I also do a lot of hiking, running and CrossFit. As someone who's an extremely active person and doesn't sit down very often, I was happy to be back on my feet as soon as I possibly could."



Craig Clifford, DPM

"I couldn't have asked for a better experience. Everything went so smoothly, and I feel so fortunate."

— Toby Clark, who had his Achilles tendon repaired by Dr. Clifford with Franciscan Orthopedic Associates at St. Francis.



Don't let pain keep you from the life you love! Visit FHShealth.org/orthopedics to learn more or call (253) 838-8552.

WOMEN: SPOT THE SIGNS OF STROKE



Franciscan excels with fast treatment times for stroke

STROKE AND OTHER CARDIOVASCULAR DISEASES ARE LEADING CAUSES OF DEATH in the United States among both men and women. But did you know the stroke risk for women differs from men?

Studies have shown women to be at increased risk for stroke. Postmenopausal women, younger women on oral contraceptives and pregnant women who have high blood pressure or gestational diabetes have elevated stroke risk. "Smoking increases the risk, particularly with contraceptive use," said primary care physician Nawang Sherpa, MD, Franciscan Medical Clinic in Auburn.

Lower your risk

Beyond these gender-specific risks, risk factors for stroke are similar for women and men, Dr. Sherpa said. They include: smoking, being overweight, maintaining a sedentary lifestyle and having high cholesterol, high blood pressure, diabetes or atrial fibrillation (irregular heartbeat).



Nawang Sherpa, MD



Dennis Wang, MD

Building healthy habits, whatever your age or gender, can help lower your stroke risk. "It's very important to partner with your doctor to decide what's right for you. Together, you can develop a plan that fits your lifestyle," said Dr. Sherpa.

Ideally, the plan includes:

- Eating a healthy diet
- Maintaining a healthy weight
- Avoiding tobacco products
- Limiting alcohol intake
- Exercising several times a week

"It's very important to partner with your doctor to decide what's right for you. Together, you can develop a plan that fits your lifestyle." — *Nawang Sherpa, MD, Franciscan Medical Clinic in Auburn.*

Dr. Sherpa said no one plan will be right for every person. "Communicate with your doctor. My goal is always to get patients involved and encourage them. They are the ones who will make the difference."

Treating stroke quickly

Franciscan Health System has been recognized for assessing stroke patients quickly. "Our goal has been to lower our door-to-tissue plasminogen activator (t-PA) times for patients who qualify for the clot-busting drug at all our hospitals," said Dennis Wang, MD, stroke program medical director at St. Joseph Medical Center.

Franciscan has succeeded. In fact, while national recommendations are that t-PA (medication given to patients suffering from a stroke) be given within 60 minutes of hospital arrival, the Franciscan average is an impressive 45 minutes. "The faster you get the medication, the better you tend to do long term," Dr. Wang explained.

Dedicated stroke care

Once t-PA has been administered, most patients are transferred to St. Joseph, one of two primary stroke centers in the Franciscan system. "St. Joseph has a neuro-ICU with dedicated nursing staff," Dr. Wang explained. "They are very comfortable dealing with stroke patients."

For stroke patients who do not qualify for t-PA, Franciscan also offers the latest neuro-interventional procedures to help remove blood clots or stop bleeding. "St. Joseph is one of just two area hospitals to have access to the latest stroke-care interventions," Dr. Wang said.

Spot stroke F.A.S.T.

Because stroke generally becomes worse over time, it's important to identify symptoms quickly. The acronym F.A.S.T. can help. F.A.S.T. stands for:

- F** **Face Drooping:** Does one side of the face droop, or is it numb? Ask the person to smile. Is their smile uneven?
- A** **Arm Weakness:** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- S** **Speech Difficulty:** Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like, "The sky is blue." Is the sentence repeated correctly?
- T** **Time to call 9-1-1:** If someone shows any stroke symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately.

Dr. Wang said to never ignore a stroke warning sign. "A stroke generally doesn't hurt, and its symptoms may seem vague. Patients may actually try to 'sleep off' symptoms," he said. Unfortunately, this can lead to additional brain damage.

It's important to talk with your doctor about stroke risk, especially if cardiovascular disease runs in your family. Your physician will decide whether to treat your risk factors with low-dose aspirin or other medication.

ACT FAST

Seek help immediately if you, or someone you are with, experience any of these stroke symptoms:



FACE
Facial droop



ARMS
Arm weakness



SPEECH
Slurred speech



TIME
Call 9-1-1 NOW

CLIP AND SAVE



YOUR BABY'S HEALTHY JOURNEY STARTS HERE

Franciscan offers the best care
to support families through
pregnancy and delivery

FROM THE MOMENT YOU RECEIVE A POSITIVE PREGNANCY TEST, it's an exciting time in your life. Whether this is your first child or your fourth, each pregnancy is unique. At St. Francis Hospital, we tailor your prenatal, labor and delivery experience to meet your needs, providing expert care and education along the way.

The spectrum of options for labor and delivery is as varied as our patients. "We discuss with each woman what they have in mind for their pregnancy and delivery; and take into account their medical needs in order to provide a safe and customized experience," said Arminda Mauricio, MD, an obstetrician and gynecologist with Franciscan Women's Health Associates in Federal Way.

For instance, you can discuss with your doctor the possibility of using these different techniques:

- Fully assisted birth, including an epidural
- Natural birth with the assistance of a midwife
- C-section, if needed
- Vaginal birth after C-section (VBAC)

We also offer advanced maternal-fetal medicine and monitoring for moms with higher risk pregnancies, such as multiples or gestational diabetes.



Planning a healthy pregnancy

There are many educational opportunities you can take advantage of as well. Franciscan offers a wide array of family education classes. Our childbirth preparation classes cover topics such as labor coping techniques, phases and stages of labor, medication options, newborn care and more. A Spanish version of the childbirth preparation class is also available. Additional courses focus on the needs of teen mothers, offer infant CPR and provide household safety tips. You can even take a course online. Our other family education classes include:

- Breastfeeding preparation
- Newborn preparation and care
- Conscious Fathering

Making a safe and sound delivery

Women who deliver their babies at St. Francis experience welcoming, family-focused care. The Family Birth



Arminda
Mauricio, MD

Center combines advanced technology with highly skilled medical care and friendly, personalized services for a comforting and supportive experience.

The St. Francis Family Birth Center is designed with families in mind. Each private room is spacious and has a place for a husband, partner, family member or other support person to stay. Babies “room in” with you in order to provide plenty of time for breastfeeding and bonding. Siblings are welcome to visit their new brother or sister, too.

St. Francis is also home to a Level II special care nursery. Through a special partnership, neonatologists and neonatal nurse practitioners from Seattle Children’s Hospital work alongside our team of specialists, providing expert care to our smallest patients. This means that you and your baby receive the highest

level of care close to home.

These same experts deliver round-the-clock care in our Level III neonatal intensive care unit (NICU) at St. Joseph Medical Center in Tacoma. Should your newborn require the services available at the Level III NICU, he or she will be transferred to St. Joseph for this specialized care.

“All of our obstetricians are highly-trained physicians with the same level of expertise you’d find in any major city hospital, but close to home,” Dr. Mauricio said. “The care is here for you when you need it without battling traffic, long lines or frustrating parking.”

When it comes to choosing where to deliver your bundle of joy, you have options. At Franciscan, we’re here to help make your journey toward parenthood a happy, healthy and fulfilling experience for you and your growing family.

Looking for a midwife?

Robin Gray-Reed, CNM, ARNP, IBCLC, provides holistic, compassionate care to women throughout their lifespan. As a certified nurse-midwife and lactation consultant, Robin offers customized prenatal, birth and postpartum care, including breastfeeding support. As an advanced registered nurse practitioner, she empowers every woman to take control of her health and provides support in her quest for optimal wellness. Schedule an appointment with Robin at Franciscan Women’s Health Associates. (253) 944-6950.



Planning a pregnancy? Visit FHShealth.org/baby for more information.



MyChart makes health care easier

Electronic health records
give you quick access,
better management



"Our electronic health record system allows us to store all of a patient's medical information in one secure place. Our physicians can now easily look up all of your health information in real time when they need it," said Dean Field, MD, Franciscan family doctor and a leader on the MyChart project

OVER THE PAST YEAR, you may have noticed a change when you visited your Franciscan Health System doctors. Instead of recording your health information on a paper chart, they're typing it into a computer during your visit. This July marks one year since Franciscan went live with their electronic health record system which also provides you access to MyChart.

"Our electronic health record system allows us to store all of a patient's medical information in one secure place," explained Franciscan family doctor Dean Field, MD, a leader on the project. "Our physicians can now easily look up all of your health information in real time when they need it." Doctors can pull up your test results, prescriptions, treatments you've received and other information to help take better care of you. It's time-saving, safer and reduces the likelihood of unnecessary repeat tests.

Making MyChart yours

With MyChart, you can keep tabs on your own medical information more than ever before. Not only is MyChart available online from your computer, you can download the free mobile MyChart app on your tablet or

smartphone to conveniently access your records whenever you need them.

In addition, with MyChart, you can:

- View lab results (your doctor will call about any abnormal results)
- Ask your doctor questions
- View summaries of your medical visits
- Request prescription refills
- Pay bills, request appointments and check scheduled appointments

If you have children under age 18, you can add their account to yours. So you can easily look up your child's immunization records for camp, back-to-school or sports instead of calling your doctor's office. If you care for an aging parent, you can access their records with their permission, making it simple if you ever need to make a medical appointment for them.

"Ultimately, MyChart provides a way for providers and patients to communicate more directly and easily. MyChart empowers patients to become more engaged in their own health care," Dr. Field said. The result: safer and more convenient care — all with the click of a button.



Are you on MyChart yet? If you haven't already, request your MyChart ID from your Franciscan primary care clinic.

For Your health!

See something you like?
Mark your calendar!
Franciscan Health System offers these upcoming events and resources to help promote healing of mind, body and spirit.

CLASSES

Fitting Food Into Your Fight Against Cancer

Designed for cancer patients in active treatment and their caregiver or support person. Topics include: anti-inflammatory foods to aid recovery and healing, coping with common treatment-related side effects and nutrition resources. Instructor Nancy Steedman, RD, CD, CSO, is a certified specialist in oncology nutrition. Call (253) 426-4428 to register. FREE!

- » Third Tuesday of every month; 3–4 p.m.; TACOMA; St. Joseph Medical Center, Ground Floor Oncology Conference Room, 1717 S. J Street
- » Fourth Thursday of every month, 10–11 a.m., GIG HARBOR; Jane Thompson Russell Cancer Care Center classroom, St. Anthony Hospital, 11567 Canterwood Blvd. NW

Pump Up Your Knowledge

This class is for those on insulin pump therapies or those considering insulin pumps. Please call Franciscan Diabetes at (253) 426-6753 for information about registration.

- » Classes offered Tuesdays, May 27, July 22, Sept. 23, Nov. 25; 6–7:30 p.m.; TACOMA, St. Joseph Medical Center, Lagerquist A, 1717 S. J Street

Heart-Healthy Eating Class Series

This four-week series is taught by a registered dietitian and focuses on living a healthier lifestyle by changing habits and following a nutritious, low-fat eating plan. Classes cover meal planning, shopping, reading labels, dining out, goal setting, staying on track and much more. Please call 1-888-825-3227 to register. FREE!

- » Wednesdays (excluding the 5th Wednesday of the month); 9:30–10:30 a.m.; TACOMA, St. Joseph Medical Center, 1717 S. J Street

Living Better With Kidney Disease

St. Joseph Nephrology Services offers a three-hour FREE quarterly class to help people with kidney

disease better understand their condition, learn ways to help preserve kidney function and live better. This class is taught by a registered nurse, registered dietitian and social worker with experience in kidney disease and dialysis needs. Call 1-888-825-3227 to register.

- » Wed., Aug. 6 and Wed., Nov. 5; TACOMA, St. Joseph Medical Center, Lagerquist Conference Room, 1717 S. J Street

Mindfulness Based Stress Reduction

This program is developed and led by Franciscan neurologist John Wendt, MD. It includes a one-hour orientation, eight 2.5-hour weekly classes and a 7-hour Saturday retreat. Guided instruction covers meditation, body scan and gentle hatha yoga techniques. The course includes discussions about mindful communication, stress physiology, readings and take-home educational resources. Cost is \$300/person; refundable through Sep. 23. Register online at FHShealth.org/mindful or call 1-888-825-3227.

- » Introductory (FREE): Tues., Sep. 16; 6–7:30 p.m.; FEDERAL WAY, St. Francis Hospital Campus, 34515 9th Ave. S.
- » Sessions 1–8: Tuesdays, Sep. 23; Sept. 30; Oct. 7; Oct. 14; Oct. 21; Oct. 28; Nov. 4; Nov. 11; 6:30–9 p.m.; FEDERAL WAY, St. Francis Hospital Campus, 34515 9th Ave. S.
- » Retreat: Saturday, Nov. 1; 9 a.m.–4 p.m.; FEDERAL WAY, St. Francis Hospital Campus, 34515 9th Ave. S.

WEIGHT LOSS

Weight Loss Surgery — Learn the Facts

FREE seminar about your surgical options at the Franciscan Center for Weight Management, a Bariatric Surgery Center of Excellence. Registration is required. Call 1-888-825-3227 or go to FranciscanWeightLoss.org

- » FEDERAL WAY, Franciscan Center for Weight Management, 34509 Ninth Ave. S, Suite 203B

HEALTH TALKS

Advancements in Joint Replacement

Are achy joints getting in the way of your daily lifestyle? Learn about the range of treatment options, including arthroscopy and total joint replacement as an orthopedic surgeon guides you through the surgical techniques and minimally-invasive options for getting you back on the road to recovery. Register online at FHShealth.org/ortho or call 1-888-825-3227.

- » Tues., June 17; 6–7:30 p.m.; TACOMA, La Quinta Inn, 1425 East 27th Street with John Bargen, MD
- » Tues., July 1; 6–7:30 p.m.; LAKEWOOD, Tacoma Country & Golf Club, 13204 Country Club Dr. SW, with Joshua Johnston, MD

What Is My Rotator Cuff and Why Does It Hurt? with Matthew Jenkins, MD

Is shoulder pain keeping you up at night or impeding the activities you love? Often times this is a problem with your rotator cuff, a group of four muscles in your shoulder. This is a common occurrence for those who are older than the age of 35, and can make it difficult to take on ordinary, everyday activities. Please register online at FHShealth.org/ortho or call 1-888-825-3227.

- » Wed., June 25; 6–7:30 p.m.; TACOMA, La Quinta Inn, 1425 East 27th Street

Weight Loss Surgery Support Groups

Whether you're contemplating surgical weight loss or have already had surgery, we have a support group to meet your needs.

- » LAKEWOOD, Third Monday of the Month, 6:30–7:30 p.m., St. Clare Hospital Resource Center, 4908 12th St. SW
- » FEDERAL WAY, Second Tuesday of the Month, 1–2 p.m., St. Francis Hospital Medical Office Building, 34509 Ninth Ave. S

EVENTS

Pink at the Park

Hosted by the Carol Milgard Breast Center and the Tacoma Rainiers, this event generates breast cancer awareness and raises funds for mammograms for the underinsured in our community. Players wear pink uniforms to be auctioned off live, post-game benefiting the Carol Milgard Breast Center. Be sure to purchase tickets at tacomarainiers.com and wear pink!

» **Sat., July 12; 7:05 p.m.; TACOMA,**
Cheney Stadium, 2502 S. Tyler Street

Miles for Meso WA Memorial 5k Run/Walk

The Mesothelioma Foundation and the Federal Way Community Center host the third annual Miles for Meso WA Memorial 5K Run/Walk. Cost: 5K Run/Walk before June 25 is \$25; after and day of is \$35. Kids 17 and under: \$15. Register at signmeup.com or at the FWCC.

» **Fri., July 4; 9 a.m.; FEDERAL WAY, Federal Way Community Center, 876 S. 333rd Street**

Lakewood Farmers Market presented by St. Clare Hospital

Enjoy fresh food, arts and crafts and entertainment! Stop by the St. Clare Hospital table for free blood pressure checks and more.

» **Tuesdays, June 3 through Sept. 16;**
10 a.m.-3 p.m.; LAKEWOOD, Lakewood City Hall, 6000 Main Street

Summer Sounds at Skansie Concert Series

The annual Summer Sounds at Skansie event returns every Tuesday from June 24 to August 19. Hear live music and enjoy restaurant delivery service to the park by many of Gig Harbor's favorite downtown eateries.

» **Tuesdays, June 24 through Aug. 19;**
6-7:30 p.m.; GIG HARBOR, Skansie Brothers Park, 3207 Harborview Drive

Tacoma History Hike

Begin at the Washington State History Museum and visit a variety of checkpoints within a 1.5-mile radius – each providing an answer to Tacoma-related trivia. St. Joseph Medical Center is a contributing sponsor. Cost: \$20 for WSHS members or \$25 for non-members; kids ages 6-17 \$10 for WSHS members or \$15 for non-members; family \$40 for WSHS members

or \$50 for non-members. Register at washingtonhistory.org

» **Sun., June 22, 2 p.m. start time; TACOMA,**
*Washington State History Museum,
1911 Pacific Avenue*

Lakewood SummerFEST Sprint Triathlon presented by St. Clare Hospital

The course consists of ½ -mile swim, a 14-mile bike course and a 3.1-mile run. Cost: register before May 26, hero (military, fire or police) \$40, individual \$55, team \$90. After May 26, individual and hero \$75, team \$110. Register at lakewoodsummerfesttriathlon.com.

» **Sat., July 12; LAKEWOOD, 9 a.m. start time**
at American Lake; concludes at Fort Steilacoom Park, 8714 87th Ave. SW

2014 Enumclaw Rotary Street Fair

Join the Enumclaw Rotary for this fun event in downtown Enumclaw aimed at breathing new life into the economic and cultural development of the community.

» **Fri., July 25, and Sat., July 26; 10 a.m.-7 p.m.;**
*Sun., July 27; 10 a.m.-4 p.m.; Downtown
ENUMCLAW, Cole Street*

Black Diamond Labor Days

A fun filled weekend of local community, music, parade, food and fun.

» **Sun., Aug. 31, and Mon., Sept. 1; BLACK
DIAMOND Elementary Playfield, 25314 Baker
Street**

10th Annual Brett Erickson Golf Classic & Fairway Dinner

Enjoy 18 holes of golf, BBQ lunch, Fairway dinner, auction and dance. All proceeds benefit equipment and cardiac care at the St. Anthony Hospital Cardiovascular Suite. Cost: \$175 golf and lunch; \$275 golf, lunch and dinner; \$150 dinner and dance only. Call (253) 428-8411 for more information.

» **Fri., June 20; 11 a.m. registration; 1 p.m.
shotgun start; 5:30 p.m. champagne
reception; 6:30 p.m. dinner, auction and
dancing; GIG HARBOR, Canterwood Golf &
Country Club, 12606 54th Ave NW**

11th Annual St. Clare Hospital Golf Tournament

Enjoy a BBQ lunch, 18 holes of golf and awards dinner. Individual dinner tickets and event sponsorships are also available. All proceeds

benefit the Same Day Surgery Unit renovation at St. Clare Hospital. Cost: \$225 golf, lunch and dinner; \$50 dinner guest only. For more information or to sponsor, register and/or donate an auction item, please call (253) 428-8411.

» **Mon., August 11; 12:30 p.m. - shotgun start;**
*5:30 p.m. - golf awards, dinner and auction,
LAKEWOOD, Tacoma Country & Golf Club,
13204 Country Club Dr SW*

Walk Tacoma

Downtown on the Go and Franciscan Health System invite you for a stroll around Tacoma. Join us for one or all! FREE! No registration required.

» **Wed., July 16; 12-1 p.m.; TACOMA,**
*Beginning at the Children's Museum at
15th and Pacific Ave.*
» **Wed., Aug. 6; 4:30-5:30 p.m.; TACOMA,**
*Walking Scavenger Hunt; Beginning at
Social Bar & Grill*

6th Annual Pierce County Cancer Survivors Conference

This event is FREE and open to all people affected by cancer as patients, family members and caregivers. Connect with experts and survivors in workshops that explore the physical, mental and spiritual aspects of cancer survivorship. For more information, go to pccancersurvivorship.org or call Franciscan Cancer Center at (253) 426-6746

» **Sat., Sept. 13; 8 a.m.-4 p.m.; TACOMA,**
*University of Puget Sound,
1500 North Warner Street*

Susan G. Komen Puget Sound — Lunch for the Cure®

As the presenting sponsor, Franciscan joins the fight against cancer at this luncheon honoring cancer survivors, celebrating how far we've come in developing cancer treatments and our commitment to find a cure. If you're interested in being a table captain, please contact Sarah Breece by phone at (206) 633-0303, ext. 102 or Sarah@pskomen.org

» **Thurs., Oct. 9; 11 a.m.-1:30 p.m.; TACOMA,**
*Hotel Murano Bicentennial Pavilion,
1320 Broadway Plaza*

Over the Narrows 10 Mile and 5K Runs

Run with Franciscan Sat. Aug. 30 at Gig Harbor Rotary North's 5th Annual Over the Narrows runs to support Children in our communities. Register at overthenarrows.com.



FAMILY EDUCATION

For more information about tours or family education classes and to register, please call **1-888-825-3227** (available 24/7) or visit FHShealth.org/familyeducation.

Especially Yours

A personalized three-hour private childbirth education course for the expectant mother and her companion. Registered students personally select class content after arranging the date, time and location which best suits their schedule. A private tour of the Franciscan Family Birth Center is an option. \$200/couple.

Family Birth Center Tour and Classes

Take a tour of one of our Family Birth Centers. For parents-to-be who are considering or delivering at a Franciscan hospital. Tour the birth center of your choice and learn how to make the most of your hospital stay. **FREE!**

Childbirth Preparation

Five Franciscan hospitals offer childbirth preparation classes. Topics include pregnancy comfort measures, labor and birth including variations and interventions, and postpartum. All classes include

a tour of the family birth center. \$125/couple or free with Provider One/DSHS card.

Teen Childbirth Preparation

Pregnancy preparation specifically addressing the unique needs of young people 19 and under. \$60/couple or free with Provider One/DSHS card.

Breastfeeding Preparation

Covers basic breastfeeding initiation tips and accessing postpartum lactation resources. \$50/couple.

Conscious Fathering

Dads-to-be discuss priorities, life adjustment, fears, problem solving, partnership and basic infant care. \$50/person.

Newborn Preparation

This one time class includes topics such as postpartum care of mom and baby, hints for adjusting to new roles, basic newborn care and resources. \$50/couple.

Safe Sitter

Babysitting training for adolescents. Discusses topics such as how to handle emergencies. \$75/person.

SUPPORT GROUPS

Diabetes Support Groups

Learn and find encouragement and support from others coping with diabetes. Call Franciscan's Diabetes Services at (253) 426-6753 for more information.

- » Second Tuesday of the month; 5:30–6:30 p.m.; **GIG HARBOR**, St. Anthony Hospital, Conference Room A, 11567 Canterwood Blvd. NW
- » Third Wednesday of each month, Noon–1 p.m.; **FEDERAL WAY**, St. Francis Medical Office Building, 34509 9th Ave. S
- » Fourth Monday of each month, Noon–1 p.m.; **TACOMA**, St. Joseph Medical Center, Dining Rooms 1 & 2, Ground Floor, 1717 S. J St.

Franciscan Hospice Support Groups

Call (253) 534-7000 for more information.

Cancer Support Groups

Look Good, Feel Better — Dedicated to female cancer survivors, this 2 ½ hour class helps with make-up, head scarves and other appearance tips during cancer treatment. **FREE!** Call **1-800-227-2345** to register.

- » First Friday of the month; 1–3:30 p.m.; **GIG HARBOR**, Jane Thompson Russell Cancer Care Center.

Yoga for Cancer Patients, Survivors and Caregivers

— Open to anyone touched by cancer as a patient, survivor or caregiver. No yoga experience necessary. No registration necessary. **FREE!**

- » Second and fourth Wednesday of the month; 5–6 p.m.; **GIG HARBOR**, Jane Thompson Russell Cancer Care Center

ST. JOSEPH MEDICAL CENTER
1717 S. J St
Tacoma • 253-426-4101

ST. FRANCIS HOSPITAL
34515 Ninth Ave S
Federal Way • 253-944-8100

ST. CLARE HOSPITAL
11315 Bridgeport Way S.W.
Lakewood • 253-985-1711

ST. ELIZABETH HOSPITAL
1455 Battersby Ave
Enumclaw • 360-802-8800

ST. ANTHONY HOSPITAL
11567 Canterwood Blvd NW
Gig Harbor • 253-530-2000

Most programs and classes are free, but many require registration. For more information, call the number listed.



Franciscan Health is on Facebook, YouTube and Twitter! » Search for “Franciscan Health System.”

ABOUT FRANCISCAN HEALTH SYSTEM

>> OUR MISSION >> OUR VISION >> OUR VALUES

To create
healthier
communities

To be the South
Sound's first
choice for
healing of mind,
body and spirit

Reverence,
Integrity,
Compassion,
Excellence

FRANCISCAN HEALTH SYSTEM
1717 South J Street
Tacoma, WA 98405

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HEALTH SYSTEM

Franciscan Health System is a family of more than 12,000 doctors, nurses and staff who provide exceptional medical care in hospitals, clinics, urgent care and outpatient centers throughout Puget Sound.

FHShealth.org

10437MB

Franciscan Women's Health Associates Skin Care & Laser Services

SUMMER SPECIALS*

JUNE SPECIALS

25% OFF
ANY PRODUCT
WITH PURCHASE OF ANY
FULL PRICE TREATMENT

Medical Facial



This 60-minute procedure customized to your specific needs includes a deep cleansing, exfoliation,

extractions, masque and moisturizer using the most effective medical-grade products available.

\$76 reg \$95

JULY SPECIALS

Dermaplaning Facial

This medical skin treatment gently exfoliates the surface layers of dead skin, leaving your face soft and complexion radiant.

\$100 reg \$125

ACCENT Body Shaping

This technology utilizes Radio Frequency Energy to stimulate your body to shed excess water from the fat cells, aiding in slimming and smoothing those problem areas.

\$213 for 1 session reg \$250
\$563 for 3 sessions reg \$750

25% OFF ANY

**Jane Iredale Bronzing product
or Tansasia Self Tanner**

Get that "sun kissed" look the healthy way!

AUGUST SPECIALS

One Epionce Renewal Facial Cream PLUS One Ultra Shield Lotion SPF 50

Epionce's flagship facial cream offers rich moisturizing to help minimize fine lines, wrinkles and other signs of aging while improving skin clarity and radiance. Ultra shield Lotion SPF 50 is a light, quick absorbing broad-spectrum sunscreen.

PRODUCT PACKAGE
\$95 reg \$119

Microdermabrasion Rejuvenating Treatment

Our multi-level Derasweep Microderm Skin Resurfacing System is a state-of-the-art, non-invasive exfoliation and skin revitalizing system designed to leave your complexion deeply and precisely exfoliated, soft, smooth and hydrated.

\$125, neck is added for FREE
reg \$150

To take advantage of these specials, call 253-838-3695.

34503 Ninth Ave. S., Suite 340, Federal Way • www.FHSHealth.org/womens

Franciscan Women's Health Associates
Skin Care & Laser Services

a part of the Franciscan Medical Group

*Monthly specials good during that month only. One coupon per person; may not be combined with other offers or discounts.